

Department of Public Health and Human Services
Quality Assurance Division – Licensure Bureau
Child Care Licensing

Child Care Sample Menu

Child Care Provider Name: _____

Day / Date		Monday /	Tuesday /	Wednesday /	Thursday /	Friday /
Breakfast Must include: 1 Fluid Milk 1 Fruit / Vegetable 1 Bread / Grain	Fruit / Vegetable	Banana	Blueberries	Strawberries	Honeydew	Cinnamon Applesauce
	Bread / Grain	Oatmeal	Pancakes	Bagel and Cream Cheese	Bran Cereal Flakes	Whole Wheat Toast
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
Lunch / Supper Must include: 1 Fluid Milk 1 Meat / Beans 2 Fruit / Vegetable 1 Bread / Grain	Main Dish	BEAN & VEGETABLE SOUP	HAM & PINEAPPLE PIZZA	EGG SALAD SANDWICH	TERIYAKI CHICKEN STIR-FRY	FISH TACOS
	Meat / Beans	Beans	Ham & Mozzarella Cheese	Egg Salad	Diced Chicken	Baked Fish
	Fruit / Vegetable	Carrots and Potato	Tomato Sauce	Lettuce	Red Pepper and Cabbage	Diced Tomatoes
	Fruit / Vegetable	Apricots	Pineapple Tidbits	Orange Wedges	Peaches	Avocado and Lettuce
	Bread / Grain	Whole Wheat Rolls	English Muffins	Multigrain Bread	Rice	Whole Wheat Tortilla (soft/hard)
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
Snack Must include: (choose 2 foods from the 4 food groups) Fluid Milk Meat / Beans Fruit /Vegetable Bread / Grain	Meat / Beans	Hummus	Yogurt	Swiss Cheese Cubes		Yogurt Dill Dip
	Fruit / Vegetable	Snap Peas and Baby Carrots		Cucumber Coins		Broccoli
	Bread / Grain		Granola		Cornbread	
	Fluid Milk				Milk	